

## Holmes-Rahe Stress Inventory

*Add up the points of all the life events that have happened to you in the past year.*

Death of spouse	100	Son or daughter leaving home	29
Divorce	73	Trouble with in-laws	29
Marital separation	65	Outstanding personal achievement	28
Jail term	63	Spouse begins or stops work	26
Death of close family member	63	Begin or end school/college	26
Personal injury or illness	53	Change in living conditions	25
Marriage	50	Revision of personal habits	24
Fired at work	47	Trouble with boss	23
Marital reconciliation	45	Change in work hours or conditions	20
Retirement	45	Change in residence	20
Change in health of family member	44	Change in school/college	20
Pregnancy	40	Change in recreation	19
Sex difficulties	39	Change in church activities	19
Gain of new family member	39	Change in social activities	18
Business readjustment	39	A moderate loan or mortgage	17
Change in financial state	38	Change in sleeping habits	16
Death of close friend	37	Change in number of family get-togethers	15
Change to a different line of work	36	Change in eating habits	15
Change in number of arguments with partner	35	Vacation	13
A large mortgage or loan	31	Christmas	12
Foreclosure of mortgage or loan	30	Minor violations of the law	11
Change in responsibilities at work	29		

Now, add up all the points to find your score

TOTAL

**Less than 150** suggests a relatively low stress and low susceptibility to stress-induced health breakdown.

**150-300** implies about a 50% chance of a major health breakdown in the next two years.

**300 or above** raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.

**Reference:** Noone, Peter. (2017). The Holmes–Rahe Stress Inventory. Occupational Medicine. 67. 10.1093/occmed/kqx099.

*Therapy Dave*